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the Free Magnolia

THE VOICE OF SOUTHERN LIFE AND CULTURE

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WONDERFUL THINGS HAPPEN WHEN YOU EAT MAGNOLIAS

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America First ... or Secession and Nationalism?

MICHAEL HILL

Welcome to the first issue of *The Free Magnolia (TFM)* published by our new organization, The Southern Nationalist League (TSNL). We intend, at least for a while, to keep the name of the tabloid the same as it's been since its inception in 2007. Our goal is to publish four issues a year, and we'll do our best to keep to that schedule. But to avoid burnout and you having to read the same authors over and over, issue to issue, we'll have to build up a good stable of writers for *TFM*. Be patient with us, and contribute an article or two if you think you can get them past our Supreme Editor! She's pretty tough, sorta like a good English teacher should be.

TRUMP AND AMERICA FIRST

As we're now well into 2025 and the second Trump presidency, it's a good time to assess the standing of the Southern nationalist movement. First, a free and independent South is still the best far-reaching solution for the Southern people. While Trump and his policies on border security, immigration status, taxes, DEI, and rolling back the size and scope of the general government (we'll see about that) may be good for Southerners (and the rest of America) in the short term, there is little doubt that alien forces will seek to undermine and short-circuit any measures that would benefit Southerners and other White Americans beyond 2028 and the next Presidential election. In other words, the ancient enemies of the Christian West aren't likely to disappear. Like the vermin they are, they'll hide out under a rock until it's time to come slithering out at the first opportunity to regain influence and power. Our fundamental problem is that the System itself is broken. It is neither possible nor desirable to reform it.

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The Trump fix may be temporary at best. We Southerners would be wise to use the next four years to get ready to get out on our own. No one can govern us better than we ourselves.

SECESSION

Second, the current iteration of the Southern nationalist movement has been around now for more than three decades, and during that time we have constantly promoted the idea of secession as a legitimate and historic remedy for tyranny. And now is not the time to let up on this message! Within the last decade, secession talk has become popular on both the right and left of the political spectrum. And for that, we take some credit. For instance, Texas now has its own independence movement, and because of Trump 45 and 47, states like California, Oregon, and Washington are making secessionist noises. In Europe, we see political parties such as the Alternative fur Deutschland (AfD), Reform UK under Nigel Farage, and National Rally under Marine Le Pen in France attempting to break the stranglehold of the globalist European Union (EU). Moreover, Viktor Orban currently governs as a nationalist in Hungary, and in Romania independent nationalist candidate Calin Georgescu actually won the 2024 Presidential election, which the ruling establishment party nullified because of "Russian interference". And of course there's Putin in the Russian Federation, who banished the globalist jew oligarchs who were exploiting the Russian people during the chaotic transition from communism and re-established the Orthodox Church. So, whether it's breaking away from the American Empire or from its EU junior partner in crime, secessionist/separatist sympathies are on the rise. And at the heart of these devolution movements is nationalism, our third and most basic point of discussion.

BLOOD AND SOIL NATIONALISM

What we're seeing in many White countries is a resurgence of nationalism with the goal of breaking the chains of the

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jew-dominated, post-World War Two international liberal order. Whether or not it leads to secession, independence, liberty, and a revitalization of the Christian West within a decade or a century, nationalism (Southern and otherwise) is shaping up to be the wave of the future. Since 1945, the "victorious" allies in the West—the US, the UK and its Commonwealth, and jews in both and other places—have foisted on the White populations of those countries a leftist, anti-White, and anti-Christian agenda that threatens our demographic future. Nationalism is nothing more than us Whites awakening to this existential danger and fighting back against it for our own interests. But what exactly are "our own" interests?

We must never forget that there are two types of nationalism, one genuine and one fake. The fake variety is civic nationalism, a cheap, ineffective substitute for real blood and soil nationalism. The civic type, which is nicely encapsulated in Trump's America First policies, can never stand against the global communist order. Men don't die for ideas; they die for the things they love, especially family—both nuclear and extended—their way of life, and the land on which they live. True nations are people, of the same blood, culture, language, and folkways, living on the same sacred soil. Blood and soil nationalism is indeed the opposite of the civic nationalist idea of a proposition "nation" that requires its members only to subscribe to certain ideals such as apple pie, Chevrolet, baseball . . . and equality as the basis of Americanism.

IN SUMMARY

While Trumpism may buy us Southern nationalists a little time, and his policies relieve some of the pressure placed on us by the globalists who are intent upon destroying everything we hold dear, it is not a long-term solution to our problems. And this scenario is the best-case example, and depends upon Trump actually being able to counter the forces of the communist *coup d'etat*, which is far from a foregone conclusion. In other words, now is not the time to relax and "trust the plan." Rather, it is time to get to work to create a strong organization that will serve our people in the trying, yet promising, times that are sure to result from this ongoing struggle between an emergent blood and soil nationalism and the regnant, but dying, post-World War Two liberal globalist order.

Secession (or devolution) is the time-honored and legitimate tool for realizing our independence, liberty, and prosperity as a distinct people in the South. I once heard someone say that "if you can't leave, you're not free." And we don't restrict the use of this tool to Southerners. In fact, we wish Whites in other regions in North America, as well as our White cousins worldwide who struggle under anti-White regimes in countries such as Canada, Australia, New Zealand, South Africa, and most of Europe, all the best in separating themselves from their oppressors.

> Secession...is the time-honored and legitimate tool for realizing our independence, liberty, and prosperity ....

Blood and soil nationalism is the key factor in our long-term survival and prosperity. It stirs in us the most fundamental and honest human passions—a love of family and kin, of place, and a fierce determination to fight for the preservation of these things against whatever or whomever threatens them. The enemy will try and dissuade you from embracing this sort of nationalism by equating it with Hitler, with the Confederacy, and with the worn-out (and increasingly ineffective) epithets of "racist," "antisemite," "xenophobe," etc., etc., *ad nauseam*. Learn to laugh it off or simply ignore it. Your future depends on it.

So we in The Southern Nationalist League will, God willing, continue to keep a watchful eye on American political developments, will continue to advocate for Southern secession and independence, and will actively promote blood and soil Southern nationalism to our people. On this you have our promise.

May the God of our fathers defend our honorable cause. ▪

MICHAEL HILL *is TSNL Chief .*

DEMOCRACY, continued from p. 4

Cowards are always ready to support a cause that seems victorious. In any society, the portion of the population that has the wit to understand and the heart to care is always a minority.

That's why I'm glad to be here this weekend, with men and women who think about what's happening in our country and the world, and, more importantly, who care about our people, our heritage, and our future. As the crisis of America and the West deepens, what we do now and in the years ahead will matter more than ever.

For me, the most gratifying and encouraging development of recent years has been the coming of age of a new generation of capable, savvy and articulate young men, and some young women, who "get it," who've "put it all together": young people who are not ashamed of who they are, but who instead affirm their—and our—identity and heritage, and whose dedication is anchored in a coherent worldview and a confident, unblinkered vision of the future. Some of the younger men and women here this weekend who share this concern for our people and posterity will, perhaps, one day be leaders in the struggle for a better, more secure and happier future.▪

MARK WEBER *is the director of The Institute for Historical Review.*

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Democracy and Identity

Text, slightly edited, of an address given at a conference in Greenville, South Carolina, on May 18, 2024.

MARK WEBER

We live in an age of ever more obvious political paralysis, social disorder, and cultural chaos. In recent years, public opinion polls show that trust by Americans in the US Congress, the mass media, and other major social-political institutions has fallen to historically low levels. Surveys also show that most Americans believe that their country is going in the wrong direction, and that life for their children and grandchildren will be less secure and prosperous than it has been for them. Americans, and especially younger citizens, are understandably cynical about the slogans and pledges of both major political parties.

WHITE FLIGHT

For decades now, millions of white Americans have been moving from neighborhood to neighborhood, from town to town, and from state to state—refugees in their own country—in an ever more frantic effort to escape the spreading "third-worldization" of their country, and to live in the kind of society that our grandparents and great-grandparents were able to take for granted.

The cultural life of a healthy nation, including its movies and entertainment, reflects and reinforces the heritage, identity and interests of its people. But in today's America, control of the mass media and cultural life is in the grip of people whose ideology and agenda are hostile to the long-term interests of our people, thereby fueling the continued, inexorable breakdown of our nation.

It's possible to ignore reality. It's not possible to ignore forever the consequences of ignoring reality. The crisis of today's America did not emerge suddenly, but has roots in decisions and policies going back more than half a century. The already enormous gap between the ideals and goals proclaimed for decades by our leaders and in the mainstream media, on the one hand, and the ever more obvious reality that everyone can see around us, on the other, will only widen in the months and years to come. Just as Americans 100 or even 50 years ago would have regarded today's America with revulsion, so also those who will be here 50 years from now will look back on the America of today with a mixture of bewilderment, pity, and contempt.

It's possible to ignore reality. It's not possible to ignore forever the consequences of ignoring reality.

An unhealthy society will not and cannot endure. A nation guided by false principles, wishful thinking, and unrealistic notions about society and history cannot and will not survive; it doesn't deserve to survive. The "United States of America" might stagger and stumble on for several more years, perhaps even a few more decades, but it's no longer a coherent and purposeful nation.

EQUITY

The more vigorously those in power try to make this a society of what they call "equity," the more they must inevitably lower standards of competence, ability and merit. The inevitable result: American businesses will be less competitive in global markets, public services will continue to deteriorate, airplane and railroad accidents will become more frequent, and American cities will become steadily more ugly, alien, and unpleasant.

Those in power will respond to the harmful but inevitable consequences of their own policies by ever more stridently blaming them on white Americans and "systemic racism." In the name of fighting "hate," "extremism," "racism" and "anti-semitism," they will push for new laws and measures in an ultimately futile effort to suppress views and voices they don't like.

It will be ever more difficult for white Americans to be indifferent to or unaffected by all this. They will find themselves increasingly unable to avoid a distasteful dilemma. Those who believe and accept the anti-white messaging promoted in the mainstream media, Hollywood movies, and school classrooms, will be ever more ashamed of their heritage, their race, and themselves. But those who refuse to accept this toxic messaging will reject—at first inwardly and then ever more openly—the entire System and its guiding ideology.

As political, social, and cultural conditions continue to worsen, the Establishment's focus on the supposed evils and dangers of "white racism" will encourage at least a minority of white Americans to see the world and history in racial terms. That in turn will encourage at least some white Americans to think of themselves not merely as individuals, but as men and women of European ancestry and Western heritage. More white Americans will understand and agree with what some of those here this weekend have been saying for years.

"OUR DEMOCRACY"

We often hear that the big problem in today's America is that it's not "democratic" enough. Many Republicans claim that the presidential election of 2020 was "stolen," which they say shows that the US is no longer really "democratic." And many Democrats say that the greatest danger to the country's future comes from Trump MAGA supporters who threaten what is reverentially called "our democracy."

But the problem here isn't that the US is not "democratic;" the key point, especially for white Americans, is that this is no longer "our democracy." Most white Americans still do not fully grasp the reality that this county has become so multi-ethnic and multi-racial that it can no longer be credibly regarded as "our" country, democratic or otherwise.

As history shows, profound changes in attitude and public perception can happen quickly, when the new outlook is in accord with already existing reality. Here are a few instructive episodes from twentieth century Europe:

In 1918 the "United Kingdom of Great Britain and Ireland"—the UK—was a multi-party "democracy" in which voters in England, Scotland, and Ireland elected representatives to the House of Commons in London. Irish nationalists did not accept this, because however "democratic" the UK was, it was not an Irish democracy. The most important Irish identitarian political organization during this period was Sinn Fein, which means "We ourselves." After two and half years of violent struggle between Irish nationalists and the British government, the "Irish Free State," forerunner of today's Irish Republic, was established in 1922.

Another example: After more than 40 years, Soviet troops left Czechoslovakia in 1990-91, and the country became a multi-party democracy. As its name suggests, the people of that country were overwhelmingly either Czech or Slovak. But the identitarian leaders of each of these

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two closely related ethnic groups were not happy with the hybrid republic, not because it wasn't "democratic," but because it was not "ours." After a breakup known as the "velvet divorce," the country came to an end in 1992, to be replaced by two republics: Czechia and Slovakia.

A third example: In Yugoslavia, the single-party rule of the Communist League came to an end in 1990, giving way to a multi-party democracy. But that did not prevent the country from falling apart over the next two years, as Croats, Slovenes, and other ethnic groups broke away. In this case as well, the problem was not that multi-ethnic Yugoslavia wasn't "democratic," but that most of its citizens did not regard it as "their" country.

In short: Identity is more important than "democracy."

If there's anything useful to be learned from the history of the past century, it's that multi-ethnic and multi-racial societies are inherently unstable and fragile, and that the most orderly, stable and happy countries are homogenous nations made up of people of the same race, ethnicity, culture, heritage, and language. The trajectory of the past century shows that the notion "Diversity is our strength"— a slogan invented by the Zionist "Anti-Defamation League" and proclaimed by President Bill Clinton in a major address—is a demagogic absurdity. American society is failing above all for the same reason that other culturally and ethnically diverse societies have failed in the past.

For many years now, American politicians, the mass media, Hollywood, and the educational establishment, have been encouraging white Americans to think of themselves merely as individuals whose citizenship as Americans is based entirely on a shared devotion to universalist-egalitarian principles.

White Americans grudgingly tolerate "Black Lives Matter" rallies at which black men and women proudly proclaim their African identity, and they condone gatherings where Jews proudly affirm their Jewish identity and support for Israel. Yet European Americans are very uncomfortable or even ashamed to support anything that might be called white identity politics.

It's no wonder white Americans keep losing: they're not even playing the same game. Whites are still playing checkers while everyone else is playing chess. Blacks, Jews, Latinos, Muslims, and so forth, have become skilled at the art of identity politics. They understand that serious, high-stakes politics is identity politics. It's politics that really matters. European Americans haven't learned that good intentions, ever more "tolerance," and trying to be "nice" to everyone are not enough. A future for white Americans can be secured only when our people wake up, recognize this reality, and act accordingly.

> In any society, the portion of the population that has the wit to understand and the heart to care is always a minority.

In coming years, the work of educating our people, of raising awareness, will become ever more important, and will have a steadily greater impact. In this work, the prerequisite for success is to tell the truth. We cannot hope to match our adversaries in scale or intensity of outreach, but we have something working for us that they do not have. We have reality and truth on our side. No matter how much effort is put into presenting falsehood as noble or admirable, it will not endure. Truth and reality matter, especially over the long run.

A useful feature of this great education project, I provocatively suggest, might be our own version of "Critical Race Theory."

RACE REALISM

As you know, many white Americans are understandably not happy with "Critical Race Theory," which promotes a view of history hostile to our heritage. Typically their response has been defensive talk about how much whites have done to abolish slavery, fight racism, and promote equality. Such talk undoubtedly makes some white men and women feel a little better about themselves, but the apologetic attitude underlying it only encourages new and more assertive demands by non-whites.

What's needed, I suggest, is a new kind of "Critical Race Theory"—an educational program that will describe just how and why white Americans have enabled the takeover and degradation of the great country their forefathers settled, built and controlled, and have permitted the alien takeover of our mainstream media and educational system, the "third-worldization" of our cities, and the malign vilification of the great men of our people and race whom we once honored. To put it another way, we need a diagnostic "Critical Race Theory" that will explain just how and why white Americans have become so timid and craven—so unwilling or unable to defend their own heritage, much less to safeguard our future as a people.

BE OF GOOD COURAGE

The American national anthem calls this the "land of the free and the home of the brave." But the truth is that in every country through the ages—and certainly in today's America—only a small minority is really courageous—that is, willing to risk life and livelihood to fight for much beyond themselves and their families. It takes no courage to drift with the crowd. Weaklings are always quick to cheer those who have fame, money, and power.

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FROM THE HOMESTEAD, continued from p. 6

"THE PROPER HUMAN DIET"

So what's "The Proper Human Diet"? According to Ken D. Berry, M.D. (you can find him on YouTube and other social media outlets), it's a zero-carbohydrate, all animal-product diet: meat and associated fats. It's the highest nutrient-dense food on the planet, perfect for human digestion, not only for energy production, but for healing as well.

It's economically feasible, typically only requiring one meal a day. Since you're not buying all of the typical crap that's in the grocery stores, made up of processed GMO carbohydrate products, you'll save up to 75% on your grocery bill, the savings to go towards chuck eye steaks, ground beef and seafood in season.

Here's a quick run-down on our family's weekly food schedule. Mostly beef and wild game products—steaks, cured meats and ground meats for burgers/meatloaf, chicken once a week, pork once a week, seafood once a week.

Let me be clear. This is something I highly recommend and it has worked for me and my family in spades. Is this for you and your family? I'll let you be the judge.My wife and the kids have been doing this for over a year now and it has transformed the way we eat and view food.

We've also stopped growing greens and vegetables in the garden for human consumption. Everything on the farm is geared towards the production of animal products for the home. What we grow in the fields is for the animals.

I hope I have whetted your appetite and piqued your curiosity. I encourage you to follow us on our journey as we build a stronger South by building stronger bodies and communities. ▪

JASON WOLBERT *is the web designer & administrator for TSNL.*

My Country or My Government?

MARK THOMEY

As the late Rush Limbaugh used to say, "Words mean things." Unfortunately, with the passage of time and the ever-changing winds of culture, historical interpretation, and politics, the meanings of words become muddled. Sometimes they completely lose their true meanings. All of this is true of the words *nation* and *country*. In modern American parlance, those words are used interchangeably by the ruling regime and its lackies in academia and the media to refer to one entity—the united States of America. And yet, I do not think that many of our folks truly realize what that would mean to them on a very real and personal level. The founding principles of America did not include the welfare-warfare state, farm subsidies, public schools, or civil rights—just to name a few. My theory is that way too many Southrons are quite content with the centralized monstrosity we call the federal government if they perceive that it is doing what they support. Like currently, with our supposed political savior, Donald Trump, back at the helm of the ship of state. But let a Joe Biden or Barak Obama get installed, and it is wailing and gnashing of teeth. Curiously, though, whether "conservatives" or "liberals" are in power (in reality, they are one and the same), a majority of Southrons have been duped into believing that the united States of America is their country, their nation, and that they owe it unwavering allegiance regardless. This happened due to the application of brute force, followed by a propaganda campaign of epic proportions between 1865 and 1900. The founding principle that the united States was established to be a confederated republic of sovereign and independent States, with the federal government as their servant, vanished into the oblivion of a centralizing, micromanaging and overbearing yankee Babylon. Like Israel of the Old Testament, Southrons were made captives of this yankee Babylon, and like Israel, they have adopted its foreign and unholy ways.

WORDS DO MEAN THINGS

So, what of the true meanings of the words *nation* and *country*? And how do they differ from the bastardized usage to which they are now subjected. When defining words of the English language, I refer exclusively to the Oxford English Dictionary (OED), as it is the oldest, most prestigious, comprehensive, and unadulterated dictionary in the English-speaking world. It does not sway, like Webster"s, with the politically-correct winds that continually alter references. In the OED, *nation* is defined as: a large group of people united by common descent, language, culture, history, and inhabiting a particular territory. It is derived from the Latin verb "nasci", meaning to be born, thus producing the Latin word "natio", meaning tribe or race. From this it is abundantly clear that being part of a nation requires belonging to a group of human beings with, first and foremost, a common genetic bond, i.e. being part of the same bloodline. Throughout nearly all human history, this has been the most common understanding and correct use of the word *nation*. This should make it easy to see why the American Indians always referred to themselves as the Cherokee Nation, or the Creek Nation. To the average white settler, they may have looked the same, but *they* knew they were not the same people. The OED makes defining our next word, *country*, very simple. A country is a nation with its own government.

AN HISTORICAL PERSPECTIVE

Now let us briefly review the founding of the original American republic. Every British colony planted in North America was given its own unique and separate charter by the King. They established their own legislatures, made their own laws, and created their own unique economies and cultures based upon the geography they inhabited and the resources therein. The European peoples who inhabited the colonies were primarily Englishmen in the northern colonies and Irish, Scots and Welsh (Celts) in the south with a small number of French, Spanish and Germans in the mix. Note well that we have described inhabitants of different nations making up the populations of the various colonies. During the one hundred-seventy-year colonial period, the various nations inhabiting the northern and Southern colonies had become new, unique nations, inhabiting their own unique countries (States).

It is, therefore, now easy to see, when independence from Great Britian was declared, why the colonies defined themselves as, "free and independent States" (plural), and that they had the power to do all things that free and independent States (plural) may of right do. At the successful conclusion of the revolution, King George III signed the Treaty of Paris, wherein he,

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From the Homestead:

Make Time for Your Wellness

"If you do not make time for your wellness, you will be forced to make time for your illness."

JASON WOLBERT

It occurred to me quite a while ago that if I didn't get a hold of my health, that I wasn't going to be of much good to my spouse and my whole family.

A GOOD START

Flashback to my early thirties when I was working a full-time production job for a major animation film company. I was young, newly married and enjoying all that life and a promising career had to offer. I was eating whatever I could shove down my gullet without much regard to its quality or wholesomeness. I figured I was active enough and that anything I ate, I was burning off.

At the time I was big into mountain biking, road cycling, and training for my first marathon with my wife. She had already done several marathons. This would be our first one together. Mountain biking took up most of my weekend endeavors, while road cycling occupied my early morning workout on average of 50-60 miles during the week. Add to that a vigorous round of Ultimate Frisbee once or twice a week after work with the guys—I was a non-stop, go-go-go fool.

Looking back, I thought I was fit, at least relatively speaking. I was six feet tall, weighed about 165 lbs. I had been slim all of my life, even skinny as a kid and through my teenage years, I was barely bucking 145 lbs out of high school. But I lacked the overall performance like I did when I was in my twenties. My recovery times in between workouts were becoming more and more painful.

THAT FATEFUL EVENING

It all came to a head one evening in a frenzied after work game of Ultimate. A friend of mine, who was on the opposite team and quite large, body-checked me in mid-air. He drove me forward into the ground before I could adjust, snapping my tibial plateau just below my knee.

THE INEVITABLE CRASH

As I lay on a table waiting for the ER doctor to come in and examine me, my knee had swollen up to twice its size. It is an understatement to say this was a horrible hospital experience. My buddy who was instrumental in my injury had accompanied me to the hospital after the ambulance ride. I was freezing cold, in shock and naked except for my running shorts. They wouldn't give me any water till I had been x-rayed. They put me in a child's room where the table was only big enough for a small child.

Now, don't get me wrong. I have great respect for doctors and hospitals that properly care for and serve lots of people every day. This place just wasn't one of those.

A LIFETIME OF HEALTH ISSUES

Well, that fractured tibial plateau started a sequence of health issues that I am still dealing with to this day. After a major surgery, which included three large, stainless steel bolts in my knee, I was diagnosed with Type 1 diabetes. It had been a rough weekend of recovery post surgery, where I couldn't even keep water down, and I told my wife, "You'd better take me to the emergency room."

There I was back in a different hospital hooked up on IVs and all the monitoring devices. I can still see the doctor standing over me saying, "Mr. Wolbert, your system took a serious nose-dive. If you hadn't come in when you did, we don't think your system would have recovered on its own." That and, "Oh, and your blood sugars are over 300, do you know that you have diabetes?" I remember replying, "Diabetes, what's that?"

My recovery from the first knee surgery took over a year to rehab. My first thoughts were to get back on the bike. It took almost a year to get back on the bike proficiently. Then there was this diabetes thing. Yeah, I had had all of the regular symptoms for quite a while. The fact of the matter is that I probably had diabetes for over a decade and never knew it. It's one of the most critical health markers, yet at the time, no one checked for HbA1c's or did fasting blood glucose tests as part of a regular check-up.

A COMPLEX JOURNEY

I would not wish Type 1 diabetes on my worst enemy. It is a formidable pathology, the direct result of eating too much sugar. Once contracted, the islets in the pancreas prevent the making of insulin—a hormone necessary for daily life functions.

This condition is encouraged by our damaging American diet and by everything the medical community continues to foster with its lies and deceptions to make a dollar. How do I know? Well, I've tried everything the medical community ever suggested to no avail. The food pyramid? A complete lie. Eat organic whole foods? No good still, if it's the wrong foods. My wife and I quickly realized that these doctors and the general medical communities were full of it.

I was the last person to ever consider traditional medical practices at the time. Back then it was called alternative medicine, how ironic. Naturopathy, herbs, homeopathic remedies, etc. But where else was there to go? The modern medicine had failed, the doctors offered no better advice except to increase the insulin intake and get on blood pressure and cholesterol meds.

UNDERSTANDING YOUR BODY

It probably took me over 25 years to really start understanding how the human body works. I'm still learning, but I have discovered this: the proper human diet fixes 99.99% of everything that ails you. Yep, you heard me—99.99%. Granted, some things like Type 1 diabetes can't be reversed, but they can be greatly mitigated.

"The Proper Human Diet" (PHD), when adapted to and given some time, will replace your general physician/doctor. If we Southerners are to take back our state sovereignty and readapt to local economies, regaining the control over our health and well-being should be at the top of the list.

You already know how messed up our medical care in this country is, not to mention in the world in general, and in those cursed three-letter agencies like the WHO. The cost of going to the general physician, medical insurance (mostly a scam), prescription drug costs, medical supplies and hardware—the list goes on and on. Not to mention they are trying to kill you. Even as we speak.

REGAINING OUR INDEPENDENCE

To regain our independence, we must begin with ourselves. To be the healthiest you, you have to get control over your body, and what you decide to put in it on a daily basis is the key to success.

Am I talking about a specific diet? Maybe. But it's more like a way of life. It extends beyond the kitchen and refrigerator. It involves an express way of understanding how our bodies are designed to process food for energy to keep us thriving and surviving. This then translates into our immediate surroundings and environment.

Take our small homestead, which comprises 11 acres of flat soil in the south of Alabama. Not much to look at given first glance, but there is more than meets the eye going on here.

See **FROM THE HOMESTEAD,** p. 4. column 4

COUNTRY OR GOVERNMENT, continued from page 5

"acknowledges the said United States, viz., New Hampshire, Massachusetts Bay, Rhode Island and Providence Plantations, Connecticut, New York, New Jersey, Pennsylvania, Delaware, Maryland, Virginia, North Carolina, South Carolina and Georgia, to be free sovereign and Independent States (plural), etc.".

As the federal constitution was debated and ratified, it was done so by conventions in each State. Their ratification documents clearly stated that they were acting only as the representatives of the People of their respective States, and that their acts were binding only on their own People and State. The result was the formation of a union of sovereign and independent States (countries) which created a federal government, aka the united States of America, to do a limited number of things for them as a group. Three States expressed their right to withdraw from that union whensoever they determined that their delegated powers were being used to oppress them. By the conventions of international treaty law, this meant that the right to withdraw was available to all the States of the union. During the antebellum period, statesmen both northern and Southern routinely referred to the united States as, "the union". As the great John C. Calhoun, Senator for South Carolina and Vice-President, said, "I never use the word nation in speaking of the United States. I always use the word Union or Confederacy. We are not a nation but a union, a confederacy of equal and sovereign States." Abraham Lincoln expressed over and over again that his war was to, "preserve the union."

It can be clearly deduced from all of this, that our colonial ancestors in no way created a "nation" or a "country" known as the united States of America. Each State is a country unto itself. The People of each State are a nation unto themselves. The united States is nothing but the federal government created by that union. Over time, the peoples of the northern and Southern States coalesced into larger, regional nations based on shared ancestry, culture, economy, society, politics, and religion. Those two nations argued bitterly, and eventually fought each other in deadly combat—one for independence and the other for domination. The domination of the South, and eventually the rest of America, by the north has resulted in the bastardization of the words *nation* and *country*. True patriotism, i.e. love of country, has been corrupted into government/state worship with a lot of help from the forced recitation of a socialistic pledge of allegiance at almost every public and private gathering. The federal flag—yes, that red-and-white striped, star-spangled abomination—has been passed off as the flag of a country when it is the mere representation of a union of independent countries.

A CALL TO ACTION

Our Confederate forebears understood that they were a blood and soil nation, properly understood, and that is why we in The Southern Nationalist League assert that the Southern People still constitute a nation, and one that deserves its own independent existence. It is why we in the League beg our People to throw off the corruption of their language, hearts, and minds wrought by our Babylonian conquerors, and to transfer their love of country back to where it rightfully belongs —with the Southern People and the States in which they live. Our motto shall be, "The Southern People are my nation, my State is my country, and the united States is their enemy." When enough of our People have adopted it, our independence from this god-forsaken empire will only be a heartbeat away. ▪

MARK THOMEY *is the XO and member of the Executive Committee of TSNL.*

CLASSIFIED

Editor's Note: We apologize for the erroneous name supplied in this ad in the previous issue of The Free Magnolia. Following is the corrected version.

Migration from Reptilian Inflation. "Cracker Cabin" at $300 per month; RV or trailer space @ $200 per month, both in private sections of a wooded 8 acres on a creek. (Seeking Identity Christian apprentice with family to maintain either of the above at volk rate), Property is 3 miles from river with concrete boat ramp. 8 miles from Andalusia, Alabama; 45 minutes from Destin Beach, Florida. Write: Tony DuPree, #120528; PO Box 23608, Tampa, FL 33623 or register to email through Securus.com. Tenant must abstain from drugs and alcohol. References are required.

The Southern Nationalist League
is happy to be
working closely with
The Political Cesspool
www.thepoliticalcesspool.org
Listen to
James Edwards and friends
every Saturday night
from 6-9 (CST).
Call in: (641) 741-0258
Send donations to: PO Box 34336, Bartlett, TN 38184

Like What You've Read?

Join us as we work towards a free and prosperous Southern republic. Easy sign-up at southernatleague.com, or by mail using the form below.

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TELEPHONE_____

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By my signature below, I am agreeing to uphold the Statement of Purpose of The Southern Nationalist League:

"We seek to advance the cultural, social, economic, and political well-being and independence of the Southern people by all honourable means."

SIGNATURE_____

DATE _____

SOUTHERN PATRIOT
- ▫ **$125 annually**
- ▫ **$200 annually (husband and wife)**

INDIVIDUAL
- ▫ **$60 annually**

FAMILY
- ▫ **$85 annually (husband and wife)**
- ▫ **$110 annually (family and children)**

STUDENT
- ▫ **$30 annually**

Please enclose a photocopy of your Driver's License (both sides) along with your dues. Dues received without ID will not be processed.

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